# Dr. Helen Allergy

https://drhelenallergy.co.uk/

# About Dr. Helen

- **Experienced GP and Allergy Specialist:**
Dr. Helen has over 18 years' experience in general practice and allergy medicine.

- **Personal Connection to Allergies:**
Her own family's struggles with allergies inspire her compassionate and informed approach.

- **Holistic and Patient-Focused Care:**
She emphasizes tailored treatment plans that address root causes, not just symptoms.

- **Qualifications and Professional Involvement:**
Actively engaged in allergy education and national allergy organizations in the UK.

# Services

- **Consultations (In-person):** Personalized face-to-face allergy consultations available in Ringwood and Belfast for all age groups.
- **Consultations (Virtual):** Nationwide virtual appointments offering expert allergy advice from the comfort of your own home.
- **Allergy Testing:** At-home IgE blood testing kits provide accurate results for various common allergens and sensitivities.
- **Membership:** Ongoing support through expert Q&As, webinars, and community forums for better allergy management and education.

# What Is Immunotherapy for Allergies? A Brief Guide

- **Definition and Purpose:**
  Immunotherapy aims to desensitize the immune system to specific allergens, reducing allergic reactions.

- **Treatment Methods:**
  Administered via subcutaneous injections or sublingual tablets/drops to build long-term allergen tolerance.

- **Effectiveness and Commitment:**
  Requires a long-term commitment; 80–90% of patients experience symptom relief

# Allergen Immunotherapy

- **Definition:**
Gradual exposure to allergens reduces allergic reaction severity through desensitization

- **Methods:**
Administered via subcutaneous injections or sublingual tablets/drops to build long-term tolerance.

- **Effectiveness:**
Requires long-term commitment; 80–90% of patients experience significant symptom relief.

# Contact Us

- **Contact** Dr. Helen Allergy now:  01202 022956
- **email** at:  support@drhelenallergy.co.uk.
- For more, **visit**: https://drhelenallergy.co.uk

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